



Crews Into Shape

4-Week Challenge
March 4–31, 2007

No weigh-in required!

Challenge
others at your
unit / command
to “**Crews
Into Shape**”.

Contact us at
[crews_into_shape@nehc.mar.
med.navy.mil](mailto:crews_into_shape@nehc.mar.med.navy.mil)
(757) 953-0974 [DSN 377]

For Further Information and
Crew Leader/Crew Guide go to:

[www-nehc.med.navy.mil/
hp/crews_into_shape](http://www-nehc.med.navy.mil/hp/crews_into_shape)

Why? Get your body closer to that fit, healthy, energetic you!

What? 4-week challenge from **4-31 March 2007**, that brings people together for a team approach to wellness. Each crew member earns points for exercising, maintaining or achieving a goal weight, eating fruits and vegetables, and drinking fluids/water.

Who? The entire DoD family is invited on board!

How?

- Find 2 to 10 team/crew members
- Pick a crew leader
- For challenge rules and registration information, go to:
www-nehc.med.navy.mil/hp/crews_into_shape

When? Register your crew with Navy Environmental Health Center by
28 February 2007.

Each crew member who completes the challenge receives a certificate.

Top-scoring Crews win T-shirts.



“Our crews are competing against each other and it is a fun time here, Good health competition. We have different crew members who are bringing in fruit daily, you see everyone with bottles of water, and PT time is being taken much more seriously.
2005 “Crew” Member

“I can actually do more now because of exercising. I feel less tired at work and have more energy when I go home. I’m able to spend more productive time with my family,”

2003 “Crew” Member

